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INDIVIDUAL GYMNASTICS. A Handbook of Remedial and Corrective Gymnastics. Lillian Curtis Drew. Lea and Febiger. New York. Price, \$2.00

Miss Drew, who is Director of the Department of Corrective Gymnastics, Central Branch, Y. W. C. A., New York City, has succeeded in presenting in this little book a readable, simple, and graphic description of corrective exercises for individuals suffering from various types of remedial deformities.

The chapters on posture are unusually suggestive, both with regard to the meaning and importance of good posture as a business asset, and the methods used to stimulate interest in correcting a faulty posture.

At this time when so many people are accepting the doctrine of the "Daily Dozen," it is a satisfaction to find a book which presents in easy terms the facts of body structure, muscle coöordination, and the causes of variation from the normal. Why certain exercises are advisable, how to overcome common complaints such as flat foot and constipation, how to inspire the individual to persevere in these exercises, and the latest methods of recording progress,—all the material in this book is valuable to the layman as well as to the teacher.

Excellent drawings illustrate each procedure, and short chapters at the end of the book deal briefly but helpfully with the subject of Infantile Paralysis, Shoes, Underweight and Overweight. It should be an indispensable text book for instructors in physical education, and very useful for nurses desiring to recommend preventive exercises for minor defects.

DOROTHY DEMING

*Henry Street Settlement, New York*

HYGIENE AND SANITATION. A Text Book for Nurses. By George M. Price, M. D. Fourth Edition. Lea and Febiger, Philadelphia and New York. Price, \$2.25.

In this revised edition, Dr. Price presents in a very clear manner the broad facts of the various branches of hygiene. The role of the nurse in prophylaxis which Dr. Price says is so far reaching, can be immeasurably strengthened by the knowledge which can be gained from this text book.

Throughout the entire book the promotion of health and the prevention of disease are the dominant notes. To make this effective this text book should be used in schools, read by parents, business and professional men and women.

At the present time when nutrition is playing such a large part in health work, that portion of the book dealing with foods summarizes a great deal of valuable information.

It is significant that pre-natal and post-natal hygiene has been added to the chapter on Childhood. "The pre-school period" which is the "foundation for good and ill health" is told in an interesting and instructive manner.

No change has been made in the instructions to nurses in the care of contagious diseases. A foot-note states that these are being used by the Visiting Nurse Service of the Henry Street Settlement. These instructions have been entirely revised by that organization.

NAOMI DEUTSCH

*Henry Street Settlement, New York.*